



**Let's talk
about sex!**
Pg. 4



**What's all the
fuzz about?**
Pg. 5



**Why it sucks
to be a Leafs
fan**
Pg. 6



'Tis the season for vaccination?

Candace Jazvac
Lambda Staff

Upon receiving notification from Laurentian University Health Services that the famed H1N1 vaccine had become available on campus, I felt forced to revisit the 'Pandemic Situation' going on around me.

Here at Laurentian, students and staff alike are still being strongly encouraged to stay home should they suspect they have any flu-like symptoms. As a result, class sizes at Laurentian are continuing to shrink, and the Senate has formally decided that professors should accommodate students who are absent due to these potentially dangerous symptoms. Considering these statements, one wonders why I would even question as to whether or not to be vaccinated.

It has become clear, however, that the threat of the H1N1 Flu Virus has been exaggerated. Following reports of the sudden death of 13-year-old Evan Frustaglio, demand for the vaccine exploded; however the threat to children, as well as every other citizen, had not changed. In fact, even the Laurentian University website declares that most cases of the H1N1 Flu Virus will be mild, and that individuals suffering from the strain can likely recover easily in the comfort of their home.

Although it was tempting to abstain from getting the vaccine in hopes of contracting the virus and getting the chance to work a little longer on some of my assignments, I decided it was in my best interest to get the vaccine. Not only would it allow me to be a guinea pig in the experiment that is this new inoculation, but it would keep my mother from worrying about me every time I sneeze or cough. So, I skimmed through the email from LU Health Services, and packed my bags for SSR G-23.

On my way down to the Health Clinic, I began to mentally prepare myself for the set up. I have had the seasonal flu shot several times before, as I used to volunteer in homes for the aged, so I felt as though I knew what to expect from Health Services. Usually you get some forms to fill out, take a number, get called upon, present your number and Ontario Health Card, receive the vaccination, and sit in a waiting area to make sure you do not faint or pass out following the needle. Nothing major, just the normal procedure; nothing to worry about.

Upon arriving at the Health Clinic, situated under Single Student Residence, I could see that things were functioning in a different way than expected. The paperwork which needed to be filled out was a little difficult to get to, as the small line that was forming was beginning to choke off access from the single hallway leading into the vaccination centre. I filled out my information sheet, and patiently waited in line with everyone else. Most of the



Photo by Matt Moskal

While H1N1 vaccination is available to Laurentian students, one can never be too careful.

other people in line seemed to be on their lunch hour, hoping to get in and out quickly. Ahead of me were a mother and her young daughter, who I would imagine to have been about four years old, waiting patiently.

Having no children of my own, I started to think about how ready we are to give these new, and sometimes controversial shots to our children, and whether or not it is always the best choice. Of course, just moments after that thought crossed my mind, I watched the little girl prance her toy pony across the floor, her shoes, and all the way into her mouth. Needless to say, at this point I could understand her mother's desire to inoculate.

Finally I reached the front of the line, and was seated just behind a small divider covered in a sheet. There were two women working the vaccination clinic as this time, one who appeared to be learning, and one which I assume should have been teaching. Both were working hard, but hardly working together. They seemed to be trying to get

the small line of about 5 people in and out as quickly as possible, and seemed to be fumbling around one another in attempting to do so. Sitting in the chair I felt as though I was in the way, or that I was troubling them by coming.

Eventually the process began, but not in the same way I had expected it to. One of the ladies took my form, but did not ask to see my Health Card. Next, the woman asked me in which arm I would like to take the shot. I decided on my left arm; seeing as others who have received the vaccination have complained about long-lasting soreness at the injection site, I decided to not hamper the use of my dominant side. Here, without asking me if I have any pre-existing conditions, and without the courtesy warning countdown, the nurse jabbed me with the needle.

A few seconds later it was all over, and I was hurried out quickly into Student Street, with my shirt still hanging off and my vaccination record crumpled into my hand. The absence of the recovery area

surprised me. I am lucky enough not to have a fear of needles, but at past flu clinics I have seen several woozy individuals who truly needed to take advantage of seating after their shot. Seeing nowhere to compose myself, I simply had to button up my shirt as students passed me by and carry on my way. The whole process had been short, taking only about 15 minutes, however it had not been particularly sweet.

Now my wrinkled vaccination record is proudly pinned to the corkboard, next to VISA bills and ticket stubs. Although I sarcastically updated my Twitter following the vaccination bragging about my renewed ability to lick doorknobs without fear of the dreaded Swine Flu, I realize that little slip of paper is not my 'Get Out of Jail Free Card'. Only time will tell how the vaccination will help or hinder me as the flu season rolls on, but for the time being, I'm hoping it will give me the boost I'll be needing to survive another exam season.

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SCE 301 Student Centre
Laurentian University
Sudbury, ON P3E 2C6
(705) 673-6548

lambda@laurentian.ca

Write To Us:

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by proper authorities.

All I want for Christmas? Participation



Matt Moskal
Editor-in-Chief

As we approach the winter solstice with both sunny days and dreary weather taking place of some of the most exciting first snowfalls this city has ever seen, I've got mixed feelings.

No, I'm not one of those people who wear sweaters with oversized snowflakes or reindeer on them, nor do I whistle Christmas carols to myself at the sight of the changing season. Though the solstice is only here once a year and we should make the best of it.

I am, however, looking at the end of my first semester as the Editor-in-Chief of Lambda. And while we've managed to keep the paper alive this semester, there's still so much more to be done.

I came into this with a certain expectation about Laurentian University students, many had told me they wanted to see a better paper this year, one they could be proud of. To me, this requires the participation of not only the staff of the paper but student submitted content every week.

While I am happy to see Laurentian students regularly submitting material, we could really use more.

It's as easy as e-mailing me at

lambda@laurentian.ca and telling me about an upcoming event or news story you'd like to cover.

Students from the Communication Studies program, Political Science and English department have a great opportunity to both get involved in the community and sharpen up their writing skills if they so choose.

Considering that Communication streams into journalism and practice makes perfect, this is a great opportunity to shake out those journalistic faux pas before committing yourself to your profession at Cambrian College.

I'm currently in talks with candidates for the Assistant Editor position and I'm in the process of training a new Arts & Entertainment Editor, so there will be an increase in material once we can put them to work, but you don't need to wait for them to start submitting anything.

We can always use photos, so long as you get the names of your subject and the events taking place in the photos. Think of yourself as a freelance photographer. If you aspire to make a living out of photographing weddings or events or simply making the scenery come alive without having to travel a great distance, this will look good on your portfolio.

This semester we've printed a number of press-release heavy eight-page papers with just enough content to scrape by week after week. If you want to see Lambda grow, do not be afraid to join the team. This is YOUR campus newspaper. Make the best of it while you still can.

We'll be back in 2010 with a fun look back at some of the best media of both the year and the decade, as well as new material from all of our columnists and hopefully more of you.

Admissions take 11% increase.

In spite of Ontario's recent economic challenges and demographic trends, university students from across the province are increasingly choosing Laurentian University to pursue their studies, as evidenced by an impressive 11% increase in admissions compared to fall 2008.

"Laurentian is proud to be the university of choice. We attract more students every year from northeastern Ontario than the next five universities combined," says president Dominic Giroux. "Our success is now also increasingly being noticed outside of the north east, with half of our students coming from the rest of the province, the country and the world. What impressed me the most, is that our admissions increase was not due to any lowering of the bar."

Laurentian's admissions of A+ students are up 10%, A students up 9% and the overall entering average is on the rise. The increase in admissions this year is spread across level of study, language, and campus, further illustrating the diversity of quality programming offered at Laurentian.

Enrolment highlights

First-year undergraduate admissions are up by 11%.

Overall enrolment is up 6%.
French-language

undergraduate admissions are up by 26%.

International student admissions are up by 40%.

Enrolment in PhD programs is up by 9%.

In terms of growth, Laurentian outpaces the other Canadian universities who, on average, have experienced a 4% growth in undergraduate enrolment this year.

Greater Sudbury mayor and Laurentian alumni John Rodriguez, who recently hosted the new international students for a welcoming party, added "there is great momentum building at Laurentian University. The partnership between Greater Sudbury and our university has never been stronger, and it ensures our region's future success by attracting and training highly qualified professionals who live, play and innovate here. The Laurentian school of architecture is an exciting new project poised to energize the downtown core."

Laurentian has been Ontario's fourth fastest growing university since 2000, with its enrolment rising from 6,000 to 9,000 students. More impressively however, is the employment rate after graduation, which continues to be one of the highest in the province.



Story Ideas:

Campus Happenings
Events Coverage
Film Reviews (E-mail First)
Music Reviews (E-mail First)
First Hand Experiences
Columns

Investigative Pieces

Sports Coverage
Book Reviews
Review the Latest Gadgets
Find Out Little Known Facts
About Laurentian Campus



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• At Athabasca University, our large selection of courses and programs can be a big plus to your academic career. • So be sure to keep us in mind like Sarah did. Sarah is attending university full-time in Calgary, Alberta. But in order to maximize her schedule, she needed to take some courses that weren't available during the times she wanted. The solution? Sarah is taking some AU courses and will transfer the credits over towards her degree. • AU offers over 700 courses and 90 undergraduate and graduate degree, diploma and certificate programs to select from. If you're 16 or older, and are eager to learn, you can study at AU. • Academic choice. Another reason why AU stands out as a global leader in distance learning excellence.

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Learning Clinic: How to build a better world



Robert Kirwan
Contributor

Red Aurbach is widely recognized as one of the best professional basketball coaches ever. His claim to fame does not simply rest in his knowledge of the game, but more importantly in his ability to instill a sense of pride in his players. During one of his pre-season speeches he instructed the players to "take pride in what you do. The kind of pride I'm talking about is not the arrogant puffed-up kind; it's just the whole idea of caring – fiercely caring."

Imagine if everyone adopted this as their own philosophy of life. Imagine if everyone took genuine pride in what they do. Imagine if everyone showed that they actually cared about doing things right the first time and put a sincere effort into their work.

It brings to mind a story I read about a very important motivational speaker who was hired to deliver a presentation on how to succeed in business to some corporate executives of one of the largest international companies in the world. He flew to New York City to make the keynote speech. Time was of the essence and his plan included a quick turnaround trip from and back to the airport.

I will let the speaker tell you the story in his own words. "A spotless cab pulled up. The driver rushed to open the passenger door for me and made sure I was comfortably seated before he closed the door. As he got in the driver's seat, he mentioned that the neatly folded Wall Street Journal next to me was for my use. He then showed me several tapes and asked me what type of music I would enjoy. Well! I looked around for a "Candid Camera!" Wouldn't you? I could not believe the service I was receiving! I took the opportunity to say, "Obviously you take great pride in your work. You must have a story to tell."

"You bet," he replied, "I used to be in Corporate America. But I got tired of thinking my best would never be good enough. I decided to find my niche in life where I could feel proud of being the best I could be. I knew I would never be a rocket scientist, but I love driving cars, being of service and feeling like

I have done a full day's work and done it well. I evaluated my personal assets and... wham! I became a cab driver. One thing I know for sure, to be good in my business I could simply just meet the expectations of my passengers. But, to be GREAT in my business, I have to EXCEED the customer's expectations! I like both the sound and the return of being 'great' better than just getting by on 'average'"

The professional speaker wrote down the words of the driver and decided that this was going to be

the introduction to his speech later on in the morning to those high-ranking executives. "To be good in business you can simply just meet the expectations of your customers. But,

to be GREAT in any business, you have to EXCEED the customer's expectations."

It doesn't matter what you are doing in your life. Whether you are running a large corporation; typing out letters in an office; stocking shelves; working as a check out cashier at the grocery store; working as a nurse, or in any other occupation you can think of. It doesn't matter whether you are cooking dinner as a chef in a fancy restaurant, or for your own family. It doesn't matter if you are the gardener of a large estate, or you are cutting your own lawn. IF YOU TAKE PRIDE IN WHAT YOU DO...If you FIERCELY CARE about what you do...If you EXCEED the expectations of those around you...success and personal satisfaction will surely follow.

Red Aurbach coached many winning teams in his professional basketball career with that philosophy. Imagine what we can do in our own little corner of the world with the same attitude.

There is a story about God appearing to one of his disciples and telling him to go out and build a better world. The disciple said, "But the world is such a vast place and so complicated now. I am small and useless. What can I do to build a better world?"

God in all His wisdom said, "Just build a better you."

Let this be your purpose in life: "To build a better you."

Night Fright: Remote Viewing Special

Brent Holland
Contributor

"The Men Who Stare at Goats" is a rollicking, fun, entertaining feature film starring George Clooney, Jeff Bridges and Kevin Spacey about Remote Viewing. At the beginning of the film there is a tongue in cheek disclaimer that pronounces that surprisingly most of what is contained in the film is true...and they're right!

Meet Stephan Schwartz, scientist who for the past 35 years have been exploring how Remote Viewing works, how Therapeutic Intention, usually known as healing is expressed, and how to change your own consciousness. His theories are thought on one of the best universities in the world. So what is remote viewing anyway? Is it real? Is it possible? Or is it simply, well..."pure goat manure"?

In a "nut shell" (no pun intended), Remote Viewing is the ability to collect information about a far-off or unseen objective by using "extra-sensory perception". Coincidentally, there was an unofficial class offered on RV techniques last September, so, I said what the hell and I took it. So, I bet you're dying to know, does it work? Well ...it actually does! But not like you think, as myself and guests Mandy Scott and Stephan Schwartz will explain throughout the show. In truth, some of the RVing we have done has truly "freaked" me out.

While there is no sense in crying over spilled goat's milk, during Wednesday's Dec 2 Night Fright show we will exam some absolutely bizarre but astonishingly true questions like:

* How was Cleopatra's Palace found with Remote Viewing?

* What happened during the submarine project known as Deep Quest?

* What does the year 2050 hold for the future of mankind?

At the same time that the CIA Remote Viewing program was being developed, our guest Stephan Schwartz, began a parallel effort using Remote Viewing for archaeological exploration and other applications. What came out of that was a new RV protocol "sheepishly" (ok this one's a stretch but we're taught to free our thoughts and to go with the flow in RV class) called Mobius. The Mobius Protocol employed specialists from several scientific disciplines, a "four team" approach, and the use of multiple viewers. Shipwrecks, buried buildings, palaces, and one of the Seven Wonders of the Ancient World, sites lost for centuries, have been found this way.

This leaves one important question to be Remote Viewed: if a goat bleats in the forest, does it make a sound, or, is it simply "The Silence of the Goats"? For the answer to this and other profound questions, please tune into our Remote Viewing Special Wednesday, Dec. 2, 2009 from 10PM - midnight CKLU 96.7 FM Laurentian University Sudbury, Canada and I have been enjoying Goat's Soup since it was released in the sixties. Hope I didn't get your goat.

...Quantum Dots...

Mary Thompson
Contributor

Welcome back to another Quantum Dots, your bi-weekly dose of snappy science. As you trudge your way through Project & Assignment Season, what better way to take your mind off of the stuff you have to learn than by indulging your mind with some cool announcements and neat discoveries?

Disappearing dinos

Dinosaur species are dropping like flies these days. In fact, some scientists have gone so far as to call this year the start of another great extinction and humans are entirely to blame. You see, it turns out that many of the dinosaur species we thought were dinosaur species may actually just be the fossilized remains of young and immature dinos. Mark Goodwin from UC Berkley and Jack Horner from the Museum of the Rockies recently added two types to a growing list of dinosaurs that are actually juvenile stages of already named species. The confusion arises from elaborate ornaments – head shields, spines, and horns –that can change drastically as individuals become sexually mature. These ornaments are thought to have played a role similar to the elaborate feather colours of modern birds; which are used in mating displays and to differentiate between species. These distinguishing features may have had colourful keratinized coverings, similar to the bright feathers of many bird species. Dinosaurs show neotony, which means they keep some juvenile characteristics for long periods of time during development. That implies that dinosaurs may have been highly social animals with parental care. According to Goodwin and Horner, the total number of dinosaur species may have been overestimated by a full third. As paleontologists become better at identifying juvenile versus adult remains we may indeed be faced with another mass extinction.

Paranormal belief starts early

Do you believe in ghoulies and ghosties and things that go bump in the night? What about paranormal energy fields, psychics, and alien visitors? Well thank god you're at least reading this column. A recent study by Martin Voracek, an Austrian psychologist, has shown that our belief in paranormal phenomena may have a biological basis determined before we were even born. Voracek compared over 1000 subjects' answers to a survey about paranormal beliefs and opinions as well as answered questions having to do with positive and negative superstitions. Controlling for weight and height at birth, adult weight and height, age, and education, Voracek found a relationship between belief in paranormal events and digit ratio. The ratio between ring and index finger lengths is known to be related to the amount of androgen exposure during development. Thus it is often used as a surrogate marker—a measure for something else that we cannot measure directly—of exposure to hormones while in utero. Whereas guys tend to have ring fingers longer than their index fingers, women are more likely to have index fingers that are longer than their ring fingers or at least nearly equal in length. What the Austrian team found was that there was a correlation between men with a more "feminized" digit ratio and stronger superstitious beliefs. The women had a similar correlation, with stronger belief in the paranormal associated with a "stronger feminine" digit ratio. All this to say that women and girlier men tend to be suckers for the supernatural. Is this useful? Well, sure. If you're a smart, scientific girl scoping guys at the Pub Downunder, you might want to think twice before hooking up with the guy whose ring finger is shorter than his index finger—he'll be the one who's likely to take house buying advice from the spirit of his dead dog.





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Sue Johanson tells nothing but the dirty truth

Luke Norton
Lambda Staff

Canadian teaching doesn't make the grade when it comes to teaching kids about sexuality, says leading expert and sex educator Sue Johanson, who was on campus last week as part of her yearly tour of college and university.

"The state of sex education in Canada, in most areas, is pathetic. Unfortunately teachers, when they are taking their teacher's college... they get very little time learning how to teach sex."

Johanson was quick to note in particular, the challenges to young teacher's in handling the questions impersonally and learning to handle the sometimes staggering honesty of the questions.

Unfortunately, there's a bigger issue at stake than teaching the teacher's how to teach, our society seems to be still deciding what to teach.

When we asked Johanson whether much had changed in the education system from when she started out, her resounding answer was "no".

"It's basically physiology and anatomy. What Dr. Saul Gordon called 'the relentless pursuit for fallopian tubes,'" Johanson laughed, before noting seriously, "I've never had a question about a fallopian tube in my life."

"Every board of education in Canada has the most beautiful, well-thought-out sex-ed curriculum in a great big binder, in the board office," Sue says. "And there it sits, gathering dust."

Johanson explained that teachers from all over, herself included, contributed to the fashioning of a core curriculum of human sexuality, touching every aspect from masturbation to oral

sex, abortion to homosexually -in short, everything that is not in it in an honest manner.

The problem, as Johanson sees it, is that it is up to the individual principals of a school to decide how much of the curriculum will be implemented at a school. Principals face tremendous religious and moral pressure from the community, and they have to assess what the standards of the community are.

"Well, now if the principal is a young man, he's going to be very very careful, because he's liable to be criticized for being loose and libertarian. And if a principal is older, and a little bit short of retirement, he's not going to leave in a blaze of glory for having implemented some really intesive, in depth program on homosexuality. Therefore its not done." So we continue to teach ourselves poorly.

"They'll teach birth control, but they won't tell you where to get it for free, or where you can get it without parental approval." Johanson says. "By law, accross Canada, anybody can get birth control without parents ever being informed. I ran a clinic, we could do anything without parental consent."

The clinic she is referring to was a birth control clinic that began operating out of the Don



Photo Supplied

The one and only Sue Johanson, sexpert.

Mills Collegiate Institute in 1972.

The clinic not only provided no questions asked birth control for free, regardless of age or any factor, but also provided pregnancy tests, treatments for sexually transmitted infections, and if the student were pregnant, counselling on all the options available, and direct aid in helping the student with whatever option they had chosen. It grew so popular that, unbeknownst to parents, students were coming in from neighbouring communities like Barrie, Hamilton, and Belleville.

"It was free, guaranteed confidential, and no hassle; we

weren't preaching, we were saying 'Okay. This is how it is.'"

When we asked her how she was able to sneak such a progressive operation past the parents and the local board of education, her equally sneaky response was that she didn't. "We just shut up about it. The Department of Public Health Health let it be known that we had this clinic going. And the grapevine."

The days of the school nurse may be long gone, but Johanson knows that not all hope is gone. "Schools in Toronto were really smart. They'd hire a mature nurse, who wasn't working at the hospital anymore, as a secretary," Johanson said. "And gosh, golly, when she wasn't in the office during the day, she was in the nurse's room...."

And then at lunchtime," Sue coyly continued, "when the secretaries went for lunch, she came into the office. Oh! Those are principals who knew what their students needed and wanted."

The danger is growing, however, as more and more adolescent males learn their sexuality through internet porn, and young girls continue to struggle against an overwhelming cultural sexualization. "It is a threat. I think we have to get at the kids earlier, and we have to deal with on their level; with what they're watching," Johanson says.

"It's really tricky to do, but I think we've really gotta bite the bullet."

In adopting a new curriculum, Johanson says school boards, teachers unions, politicians or priests aren't the place to start. Johanson sees little difference in the approach of either separate or religious school board.

"I think we've got to teach parents. Parents will never know what their kids are doing, but they're the ones who need to know what their kids *might* be doing, and then make sure that their kids get the information."

Mrs. Johanson promised to return next year, and, in exchange for students promising to always push your principal to teach more of the full curriculum. Sue offered this final anecdote in terms of defending against censorship.

"I taught at some very very religious schools. I had a priest come up to me once and say 'Mrs. Johanson, I understand you are very explicit. There's one thing we don't want you to talk about,' and I'm thinking *homosexuality, yeah; abortion, okay*. I didn't say anything, and he said 'masturbation.'" At this point Sue just shook her head in a sort of stunned pity.

So I said, 'Okay, you understand that, by the rules of the education laws in Canada, that we as educators are obliged to answer every question that comes up to the best of our ability. If I get a question about masturbation, I'm going to answer it to the best of my ability.' Cause I know," Sue said leaning in playfully, "that in this *huge* theatre, that I'm in, some cool dude in the back row is going to put his hand up and say 'Is it all right to jerk off five times a day?' And I'm going to say 'Yes!'"

CKLU Top 30

November 26th 2009

| # | Artist | Title | Label |
|----|-----------------------------|----------------------------------|----------------|
| 1 | Ox | Burnaut | Weewerk |
| 2 | You Say Party We Say Die | XXXX | Paperbag |
| 3 | Twa Hours Traffic | Territory | Bumstead |
| 4 | Cuff The Duke | Way Down Here | Universal |
| 5 | Ohbijau | Beacons | Last Gang |
| 6 | The Eels | Hombre Loco- 12 Songs of Desire | Vagrant |
| 7 | Islands | Vapours | Anti- |
| 8 | Language Arts | Where Were You In The Wild? | Independent |
| 9 | The Flaming Lips | Embryonic | Warner |
| 10 | Nathan Lawr & The Minotaurs | Sea Of Tiny Lights | Saved By Radia |
| 11 | Hidden Cameras | Origin: Orphan | Arts & Crafts |
| 12 | Yukon Blande | Everything In Everyway | Nevado |
| 13 | The Parlaur Steps | The Hidden Names | Nine Mile |
| 14 | Devendra Banhart | What Will We Be? | Warner |
| 15 | Viciaus Cycle | Pale Blue Dot | Deranged |
| 16 | Ya La Tengo | Popular Songs | Matador |
| 17 | Da May Say Think | Other Truths | Constellation |
| 18 | Land Of Talk | Fun & Laughter | Saddle Creek |
| 19 | Super Furry Animals | Dark Days/Light Years | Rough Trade |
| 20 | Rival Bays | Life Of Worry | Independent |
| 21 | Soundtrack Of Our Lives | Communion | Yep Rac |
| 22 | Walfmather | Casmic Egg | Madular |
| 23 | The Warped 45's | 10 Day Paem Far Saskatchewan | Pheramane |
| 24 | Dead Man's Banes | Dead Man's Banes | Anti- |
| 25 | Maneen | The World I Want To Leave Behind | Dine Alane |
| 26 | Tegan & Sarah | Sainthaad | Sire |
| 27 | Valcana Choir | Unmap | Jagjaguwar |
| 28 | Vetiver | Tight Knit | Sub Pap |
| 29 | Times New Viking | Barn Again Revisited | Matador |
| 30 | The Parkas | You Should Have Killed Us... | Saved By Radia |

Classic Pick of the Manth:

Jahn Cale, 'Vintage Violence' (1970)

Top 3 Gigs of the Manth:

- 1 Ohbijau (w/ Nathan Lawr, Shearing Pinx, Ahna) @ The Tawnehouse Tavern, November 10th
- 2 Ox (w/ Nathan Lawr) @ Casmic Dave's Vinyl Emparium, October 30th
- 3 You Say Party We Say Die (Little Girls, The Birthday Cakes) @ The Tawnehouse Tavern, November 21st



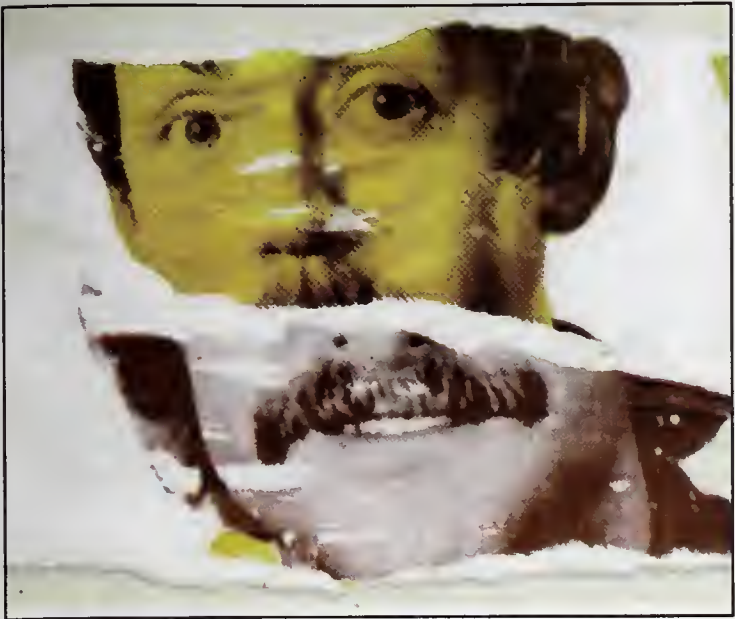
Photo Supplied

Sudbury's own Award-winning musician Angie Nussey is coming home for the holidays for a special concert on Dec. 5 at St. Andrew's Place.

Nussey, fresh off of an honourable mention in the John Lennon Songwriting Contest and a stellar performance at Northern Lights Festival Boreal, returns with a band of hometown musicians including Matt Foy, Sean Perras and Rex Wan Ki Tang. Joining Nussey are local openers Jeff Wiseman and Sarah Craig. Comedian and actor Dave Sparrow will play host for the evening.

Tickets are \$15 (\$5 with a student ID) and are available online at www.angienussey.com/Tickets, or throughout Sudbury at the Black Cat, The Tree of Life North, Angela Marie's Hair Salon, Jet Landry Music and at the Lively IDA Pharmacy. The show starts at 7:30 p.m.

Mo' money for prostate cancer research



Matt Moskal
Editor-in-Chief

An overabundance of moustaches have surfaced all around the city of Greater Sudbury.

Residents are growing out their upper lip manes, whether they be ginger horseshoes or pencil thins, to raise money for prostate cancer reasearch. The event is called Movember.

"Movember is an international event that's been going for the past few years," says Jeff Macintyre, moustache enthusiast and manager at the Laughing Buddha restaurant on Elgin St. "My brother did it one year in Vancouver and I think it's a really good way to get awareness for men's health out there. I thought it was a really good idea when I heard about it and I thought the Buddha would be a good fit for an event like that."

Macintyre and a number of his coworkers and friends sacrificed their long term relationships with their facial hair to start off clean shaven on Nov. first. From there, Macintyre and company, or Team Buddhastache as they're referred to on the website, have been letting their moustaches grow.

"I've had a beard for 12 years, this was the first time I cut it," says Macintyre. "It hurt. I didn't know how to shave anymore. I didn't realize that until it came off. But when I shaved my beard, people

noticed right away and everybody asked me why I did it. Whether it raises money or whether it raises awareness, those are the two key things. I think awareness is just as important as anything. The amount of people I've talked to about prostate cancer in the past two months has just been unreal. I think it's definitely made an effect."

So far, Team Buddhastache has raised \$570 in online donations alone.

"Fundraising's going pretty good. Most of our donations have been cash, cash donations go in at the end of the month, so we're still looking for people to come on in on and donate on the site, go to Movember.com, Team Buddhastache, you can make a donation there."

Along with Team Buddhastache, over 100 Sudbury residents have signed on board for the Movember challenge. Macintyre plans on rewarding any of them with a celebration at the end of the month.

"On the 30th we're going to have a Movember party. We're having a band come in and all those boys are growing moustaches. There'll be some prizes for best moustache. there's actually a category for best lame moustache, so if you look horrible, we're all over it. Come in and celebrate the lameness of your hair growing."

The Writer's Corner

Leda Culliford
Contributor

Here are some hints about paragraphs—how to make them strong and effective. These are the elements a strong and effective paragraph needs:

A topic sentence that tells readers what the paragraph's about.
Enough evidence to prove the point you're making.

No distractions: every sentence must relate to the topic.

Coherence: sentences should be in a logical order.

A good length: aim for roughly half a page. Longer than that and you'll probably lose the direction of your point. Shorter, and you may not prove that point sufficiently.

If it seems to you that a paragraph is actually a mini-essay, you're right—each paragraph in your essay needs to be carefully structured if you want it to make an important contribution to that essay. Here's a sample paragraph that follows the guidelines above: can you see them at work? (The whole essay would be about what you did

to choose the university you attend, so it may be familiar to you!)

First, the typical student is eager to find out what diversions the university offers—after all, one can't work all the time! The availability of sports is often critical to the student's choice: what sports are available? Are they intramural? Are the professors understanding about students' need to take time off to participate in sports? Clubs are important, too; they may range from those that relate to a discipline (The History Club, for example) to clubs that target particular groups of students: The International Students' Club. Students also like to find out about possible events that happen regularly on campus: will there be shows by musical groups? Special parties for Hallowe'en and Christmas? No two students are alike, but they all have a need to play at times!

Don't forget—the Writing Assistance Program can help with all your writing needs! Email Leda at lculliford@laurentian.ca or call her at ext. 3426 to make an appointment.

Atwood revisits Laurentian



Photo Supplied

Famed Canadian author, Margaret Atwood (centre) sits with English professors Shannon Hengan (left) and Susan Glover (right) at the launch of *The Year of the Flood*, her latest book, on Nov. 19

This was Atwood's fifth annual birthday celebration at Laurentian and the second year Atwood has been in attendance.

The evening was hosted by Hengen, Glover and librarian Ashley Thompson and featured foods based on Atwood's novels, readings and a fundraiser for the Vale Inco Living with Lakes Centre, the Junction Creek Stewardship Committee and the VETAC.

Atwood played narrator to a dramatic and musical presentation featuring local actors Dan Lessard, Patricia Tedford, and Pandora Topp. Members of Ariadne Women's Chamber Choir, directed by Laurentian professor David Buley, sang Orville Stoeber's hymns specifically written for *The Year of the Flood*.

Upcoming Events:

Festival of Lights unveiling
at Science North, Nov.
26 at 6 p.m. Free Hot
Chocolate.

CKLU 96.7 FM Open
Stage Fundraiser featuring
the Sulfur City Blues Band
and The Spades at The
Townhouse Tavern, Nov
26 at 10 p.m.. \$5.

Midnight showing of The
Rocky Horror Picture
Show at Thorneloe
Theatre, Nov. 27 and 28.
Admission \$5 with costume
and \$7 without.

The Coffins at The
Townhouse Tavern, Nov.
27 at 11 p.m. \$5.

Percussion Fundraising
Concert featuring Ian
Gibson in Rm. 111 of
the English School of
Education building, Nov. 27
at 7:30 p.m. Tickers \$10 for
adults and \$5 for students/
seniors.

Habitat for Humanity
Fundraiser featuring
The Warped 45s at The
Townhouse Tavern, Nov.
28 at 11 p.m.

WUSC Coffee House in
the Games Room, Nov. 30
at 8 p.m. Free.

Movember Fundraiser
After Party at The
Laughing Buddha, Nov. 30
at 8 p.m.

Statues, Eye Was an Ion
and The Apettes at The
Townhouse Tavern, Dec.
4 at 11 p.m. \$5.

Sleeping Beauty at the
Sudbury Theatre Centre,
Dec. 5 to 20, weekends
only. 7 p.m. Fridays and
Saturdays, 2 p.m. matinees
Saturdays and Sundays.
Students \$17, Seniors \$27,
Adults \$32. Family passes
\$62.50.

Matthew De Zoete at Little
Montreal, Dec. 6 at 8 p.m.

The Tom Waits Birthday
Party at The Townhouse
Tavern, Dec. 7 at 11 p.m.
\$5.

Auditions for I Met a Bully
on the Hill at the Sudbury
Theatre Centre, Dec. 11
from 2:00 to 5:00 p.m. Call
Judi at 674-7788 ext. 23 for
more information.

Konflit at The Townhouse
Tavern, Dec. 12 at 11 p.m.
Tickets at the door.

IllScarlett at The
Townhouse Tavern, Dec.
15 at 11 p.m. Tickets \$20 in
advance.

Oxmas at The Townhouse
Tavern, Dec. 21 at 11 p.m.
\$5.

The Beatles Night at The
Townhouse Tavern, Dec.
23 at 11 p.m. \$5.

When will the Buds Bloom?



Nicholas Ruscitti
Sports Editor

The Maple Leafs picked up a rare shootout win against the Washington Capitals on Saturday night.

Niklas Hagman scored the shootout winner for the Leafs and tied the game up in the second period deflecting a Jason Blake wrist shot into the back of the net. Alex Ovechkin had the loan goal for the capitals but was mostly ineffective as the Leafs were relatively sound defensively. Vesa Toskala was awarded the win in the contest while Simeon Varlamov took the loss. The Leafs improved to 4-11-6 on the year, which is good enough for last place in the league.

Leafs fans may have been happy with a win after Saturday night, but don't take this as a sign of things to come. With just their second home win of the season, the Leafs are on pace for 16 wins, 43 losses and 23 overtime points this season. Surely a disappointing result in any market let alone in the center of the hockey universe. But at least they are breaking records, with the worst start in franchise history at 0-7-1 before getting their first win against the Anaheim Ducks.

The buds were the last team this season to get their first win and continue to keep an eye on the furnace along with the Hurricanes in the basement of the NHL. Speaking of the Hurricanes, Carolina and former Maple Leafs coach, Paul Maurice, blew the Leafs away — no pun intended — in a stunning comeback victory earlier this year. Then again, just how stunning is it for the Leafs to cough up a big lead for a loss. Just take one look at the Leafs' roster and it shouldn't be a mystery to anyone why the Leafs have been struggling for victories this season.

Well all is not lost. At least the Leafs will get a good draft pick this season. Oh wait a second, thanks to Brian Burke and his more than generous offer for Phil Kessel, the Boston Bruins are the new proud owners of a Maple Leafs' lottery pick for the next two entry drafts. Sure, Phil Kessel is an elite player and easily the best forward on the Leafs roster, but is it worth two first round potential superstars? If the season

finished now, the Leafs would have the highest chance at the first overall pick which in all likelihood will be Taylor Hall. Hall had 90 points in 63 games in the 2008/2009 season and already has 51 points in just 27 games this season. So don't be surprised if there is a Taylor Hall sighting in Boston next season. Look for the Leafs to finish in the bottom five in the league over the next two seasons at least. If this is the case, then the Bruins got themselves some serious value out of this deal. We'll just have to wait and see.

That being said, the trade for Kessel was by far Burkes' best acquisition this offseason. Then again, that isn't saying much when you consider the other additions he made to the Maple Leafs' roster. The new faces in Leaf Land include Garnett Exelby, Wayne Primeau, Colton Orr, Mike Komisarek, and Francois Beauchemin. Exelby is quite simply a goon who is a 7th or 8th defenseman if he were on any other team in the NHL. Wayne Primeau is a 33 year old, fourth line, checker whose body type and playing style has no place in the post-lockout era. Komisarek can't stay out of the penalty box and blows defensive assignments on a nightly basis, and Beauchemin is the new Brian McCabe; solid offensively but doesn't have a clue in his own zone and gets caught pinching on a regular basis. The only new guy who does his job is Colton Orr. Then again, if your only job is to fight opposing team's enforcers, it is pretty hard to screw that up. With that in mind, it is fair to say that the only true step at rebuilding was the acquisition of Phil Kessel. Too bad he has nobody to play with.

So when is the real rebuilding process going to begin? When is Brian Burke going to bring in real talent? So far he has only created the illusion that they are rebuilding and the fans are eating it up. Game after game the fans fill the seats in the ACC to witness the worst team to ever lace up the skates for the blue and white. MLSE has the resources and the Leafs have the cap room to put together a contender in Toronto. So what are they waiting for? The fans are going to the games, now how about giving them a team to watch.

Lady Vees defend home turf against Lakehead

Fraser Gibson
Sports Information Writer

The Laurentian Lady Vees took on the Lakehead Thunderwolves on November 21 and beat their northern rivals 82-78 in overtime. Katie Goggins of Hanmer, Ontario led the way with 17 points and 6 rebounds for the Lady Vees. Lisa Furchner of Sudbury, Ontario added 16 points and 12 rebounds, Darrah Bumstead of New Hamburg, Ontario chipped in 12 points and 14 rebounds, and Norma Jean Roberts of Burnaby, British Columbia added 16 points for the Lady Vees. Chiaki Nakamura of Nagasaki, Japan led all scorers with 27 points along with four rebounds for the Thunderwolves. Tasia McKenna of Timberlea, Nova Scotia added 15 points in a losing effort for the Thunderwolves.

The first quarter opened with a three pointer from Mylaine Mageau of Sudbury, Ontario to put the Lady Vees up 3-0. The play would go back and forth between the two teams before the Vees pulled away later in the quarter. The score at the end of the first quarter was 16-8 for the Lady Vees.

Georgia Harvey of Winnipeg started the second quarter off with a three ball for the Thunderwolves. The Lady Vees responded with a 7-0 run to go up 23-11. After the two teams traded baskets, Nakamura hit back to back three pointers to cut into the lead. The Lady Vees controlled the pace of the game for the rest of the quarter and as a result went into halftime with a 41-27 lead.

Lakehead would go on a 5-0 run early in the third quarter in an attempt to get back into the game.

After the teams traded baskets the Thunderwolves exploded and went on a 10-0 run. In the closing seconds of the quarter, Furchner nailed a shot to stop the run. The third quarter ended with the Lady Vees leading the Thunderwolves 55-51.

Mageau opened the fourth quarter with her second three pointer of the night for the Lady Vees. McKenna connected on a three pointer to pull the Thunderwolves within four. The Lady Vees scored the next four points to go up 64-56 and gain some breathing room. The Thunderwolves responded with a 15-0 run to go up 71-64 and take their first lead of the game during the run. Kauri Lafontaine of Whitby, Ontario sunk a three pointer to rejuvenate the home team. Roberts scored the next two baskets of the game to tie the game at 71-71. With 26.7 seconds left Lisa Styles of Greenwood, Nova Scotia scored for the Thunderwolves to put them up by two. In the last 10 seconds of the game Goggins made a layup to tie the game 73-73. The fourth quarter finished with the teams tied 73-73.

The Lady Vees started the overtime with a quick 6-0 run to take the lead 79-73. The Thunderwolves responded with a 5-0 run of their own to come within one point of the Lady Vees. The Lady Vees would close out the game making three free throws to knock off the Thunderwolves in a thrilling 82-78 overtime win.

"It was a very good win, but we did not do a good job defensively in the second half," said head coach Mike Clarke. "They are a good shooting team and they got hot, but we got back in the game and took it to them in overtime."

Lakehead victorious over Voyageurs

Michael Przybylowski
Sports Information Writer

The Laurentian Voyageurs looking to rebound from their loss the previous night as they took on the undefeated Lakehead Thunderwolves in a tough fight between northern rivals. Lakehead would come up on top by a score of 78-69 led by Andrew Hackner (Thunder Bay, Ont.) who had a team high 17 points. Yoosrie Salhia chipped in with 12 points and 12 rebounds. Laurentian would receive strong efforts from Matas Tirilis who got his third double-double of the season with 14 points and 12 rebounds. Isiah Pasquale (Victoria, B.C.) had a game high 23 points to lead all scorers.

Laurentian and Lakehead came out flying with a high intense, fast pace, strong defensive effort. Both teams kept it close with neither team taking more than a three point lead. Tirilis would have a strong quarter leading the Voyageurs with nine points and seven rebounds, while the score was 19-19.

The Voyageurs came out of the quarter break with an 8-1 run. Lakehead would chip away at the lead until it was at three. The Voyageurs and Thunderwolves would then trade baskets and Laurentian would lead 38-35 at the break. The Thunderwolves came into the game second in Canada from beyond the arc. They would struggle going into half by going one for seven. They also struggled at the free throw line as Laurentian's pot bangers seemed to get the best of the Lakehead players while they went 6-16.

At the start of the second half, the Thunderwolves would

look to fight back and they would get their first lead since early in the first quarter at 43-42. The rest of quarter saw the two teams trade the lead a total of six times and the teams would go into the final quarter all squared at 55 apiece.

The final quarter saw the Voyageurs reach their climax a few minutes too early as they ran out of gas and Lakehead began to pull away led by some clutch shooting by Joseph Jones (Washington D.C.) who had 10 points and Hackner with eight. The Voyageurs would go down 78-69.

Laurentian as a team shot 33% from the field while Lakehead would shoot 42%. Lakehead would pick up their game in the second half and finish 30% from beyond the arc and 55% from the free throw line. Laurentian would shoot 29% from the three point line and shoot a solid 72% from the free throw line. The Voyageurs had 18 turnovers to the Thunderwolves 11 and each team had 38 rebounds apiece.

"We are battling hard and we are right there," said head coach Shawn Swords. "We lost track of what we were suppose to do and what our jobs were to be successful. This adds up to 8, 9, 10 points and this how we lose a game like this. If we are using our head and giving the effort that we are then we win this game. We are going to try to forget this, and next week try to use our time-outs effectively."

The Voyageurs (2-4) will hit the road in Kitchener/Waterloo for their final games before the holiday break as they take on the Waterloo Warriors on November 27 at 8 p.m. and the Laurier Golden Hawks on November 28 at 3 p.m.

Aqua Vees get results in Guelph

Kyleigh Commito
Sports Information Writer

The Aqua Vees competed in the Campbell Divisional Championship over the weekend at the University of Guelph. The team posted strong results and finished fourth behind McMaster University, University of Toronto and Univeristy of Guelph.

The Divisional Championship serves as a preview for the OUA Championship in February, as the team raced against half of the OUA teams. Being able to post strong results at this point in the season bodes well for coach Phil Parker.

"Great performances from both the men and women's teams across both rosters. We got off to a bit of a rough start on Saturday after the long bus ride to Guelph. Sunday we got back on track, stood up and pushed past Queen's to steal fourth spot at Divisionals. We came from behind and each swimmer made a contribution to the point totals this weekend. We have a couple of tough weeks of training before heading down south to Brock for a six team meet November 28th."

Female captain Kyleigh Commito (Sudbury, Ont) qualified for the CIS Championship in the 400-metre freestyle event, with a time of four minutes 27.89 seconds, which was strong enough for first place. Commito also placed third in the 200-metre butterfly and fourth in the 800-metre freestyle. Commito, joins Brittany Maltais (Trenton, Ont), who qualified earlier in the season in the 50-metre breaststroke

Top-16 at the meet scored points, with many Aqua Vees placing in top eight positions:

Emily Jones (Orangeville, Ont): 5th in the 50-metre breaststroke, 7th in the 200-metre backstroke, 4th in the 100-metre backstroke
Jenn Piper (North Bay, Ont): 3rd in the 200-metre freestyle, 4th in the 50-metre butterfly
Mike Murray (Ajax, Ont): 7th in the 200-metre freestyle, 8th in the 1500-metre freestyle, 4th in the 400-metre freestyle
Blair Smith (Cobourg, Ont): 8th in the 200-metre freestyle, 5th in the 200-metre butterfly, 5th in the 50-metre breaststroke
Brittany Maltais: 3rd in the 100-metre breaststroke, 2nd in the 50-metre breaststroke
Logan McGinn (Sudbury, Ont): 4th in the 100-metre breaststroke, 3rd in the 200-metre breaststroke, 5th in the 50-metre breaststroke
Jessica Pothier (Orillia, Ont): 8th in the 200-metre breaststroke
Marc McCulloch (Oshawa, Ont): 5th in the 1500-metre freestyle, 6th in the 400-metre freestyle
Dan Juhasz (Brampton, Ont): 8th in the 200-metre medley
Women's Relays: 3rd in the 200-metre freestyle (Maltais, Piper, McGinn, Commito); 4th in the 200-metre medley (Jones, Maltais, Commito, Piper) and 8th (Pothier, McGinn, Molly Green, Taylor Corelli); 4th in the 400-metre freestyle (Maltais, Piper, Pothier, Commito) and 8th (Corelli, Jones, Green, Valerie Testa)
Men's Relays: 8th in the 200-metre freestyle (Smith, Murray, McCulloch, Juhasz); 6th in the 200-metre medley (Juhasz, Smith, McCulloch, Murray); 5th in the 400-metre freestyle (Smith, Murray, McCulloch, Juhasz)
The Aqua Vees next head to Brock University on November 28th and Brittany Maltais heads to the Canada Cup in Etobicoke on November 27th to 29th.

Wild Week 11



Nicholas Ruscitti
Sports Editor

An exciting and much anticipated week 10 proved to be a hard act to follow. The always intense matchup between the Colts and the Patriots certainly did not disappoint, as a controversial play call by Bill Belichick on 4th and 2 allowed Payton Manning to drive his Colts to a victory. Manning hooked up with Reggie Wayne for the game winning touchdown late in the fourth quarter, in a game that lived up to the hype as far as entertainment was concerned and took most of the spotlight in week 10. The anticipation in week 11 paled in comparison, as lopsided matchups and a battle of the basement weren't as appetizing for the average fan.

With a schedule that looked like the powerhouses were going to beat up on the bottom feeders, even the most casual fan took on the role of NFL analyst, making seemingly "no-brainer" predictions. Take it back to about Thursday of last week and this is more than likely what you were thinking. Pittsburgh would take care of Kansas City without a problem. Division leading Cincinnati Bengals will run circles around the debacle that is the Oakland Raiders. The score of the Lions and Browns contest would look more like a Tigers and Indians game. And the 6-3 Dallas Cowboys would surely put up big numbers against the struggling Skins. Wrong. Wrong. Wrong. Wrong! What happened?

The Pittsburgh Steelers would hit the road to take on the 2-7 Kansas City Chiefs following a tough loss to the division leading Cincinnati Bengals. After being down by 10 points at half time the Chiefs battled back and forced the game into overtime. The Steelers' quarterback Ben Roethlisberger had a remarkable day with 398 passing yards and three touchdowns but was injured just a few plays into overtime and had to sit out the remainder of the game. Steelers' backup Charlie Batch came in the game but the Steelers were forced to punt. Chiefs quarterback Matt Cassell marched his team down the field and rookie kicker hit a game winning 22 yard field goal. The story of the game was the Steelers' defence as they struggled without their veteran safety Troy Polamalu, who missed the game with a knee injury. The Steelers failed to force a turnover in the game and are just 2-3 without their star safety.

Detroit and Cleveland came into their week 11 matchup trying to avoid relegation to the UFL... Oh wait, I meant to say CFL. Either way, these teams stink. More specifically, their offenses stink. Cleveland's offense came into the game averaging 11 points (30th), 236 total yards (31st), and 135 pass yards (31st) per game. Detroit came in averaging a little bit better with 18 points (24th), 311 total yards (24th), and 98 rushing yards (25th). So you get the point. With most sports books in Vegas offering the

over/under at 38.5 points, nobody was expecting this game to be the week 11 version of Payton versus Tom. But anything can happen in the NFL, and Matt Stafford and Brady Quinn proved it on Sunday afternoon.

Both quarterbacks had a career day. Stafford threw for 422 yards, 5 touchdowns, and 2 interceptions while Quinn threw for 304 yards and 4 touchdowns. The over/under was crushed by half-time and a late game pass interference call in the end zone gave Stafford a chance to win the game with no time left on the clock. Stafford did not disappoint the home crowd and delivered a strike to Brandon Pettigrew for the game winning touchdown. The Lions win 38-37 and improve to 2-8 on the season, while the loss for the Browns puts them at 1-9. This was arguably the most exciting game of the weekend, with a combined 75 points scored. But don't confuse these two teams as offensive juggernauts, as the defence in this game was laughable throughout.

The Cincinnati Bengals came into Sunday's matchup against the Oakland Raiders, after an important road win against the division rivals and defending Super Bowl champion Pittsburgh Steelers. The Bengals, who have earned some respect this season with a 7-2 record in a tough AFC North division, were expected to steamroll the Oakland Raiders who were coming off of a 16-10 loss to the Chiefs. But turnovers proved costly for Cincinnati as they turned the ball over four times losing three fumbles. One of which led to the game winning field goal. With under a minute to go in the fourth quarter, Bruce Gradkowski led the Raiders on a game tying drive. Gradkowski, who came into the game with a 31.5 passer rating, threw to rookie Louis Murphy who fought his way into the end zone to knot the game at 17-17. During the ensuing kickoff, Bengals' return specialist Andre Caldwell fumbled at his own 25 yard line and the Raiders recovered. Sebastian Janikowski kicked a 33 yard field goal to win the game. The Raiders pick up their third win of the season and improve to 3-7, while the Bengals are 7-3 following the loss.

Notables: The Denver Broncos disappear after a perfect 6-0 start and now sit at 6-4 following four straight losses. The Dallas Cowboys' offense continues to struggle as they only manage to put up a single touchdown in a 7-6 win over the Washington Redskins. Tony Romo has struggled all season long and the Cowboys are the worst 7-3 team that the NFL has seen in a while. New Orleans and Indianapolis both improve to 10-0. The Colts already topped the Patriots, can the Saints do the same in week 12?

Top Performers: Passing – Matt Stafford: 422 yards 5 touchdowns | Rushing – Ryan Grant: 129 yards 1 TD | Receiving – Terrell Owens: 197 yards, 1 TD

Spad Hockey Tournament 2010

Press Release

The 35th Annual SPAD Hockey Tournament is now accepting registrations for a total of 24 teams, including 16 Competitive Conference teams and 8 Mixed Conference teams. Each team should consist of 11-16 players. The tournament will take place from Wednesday, Jan. 27th to Saturday, Jan. 30th at the Sudbury and Lively Arenas.

Registration fees for the tournament will be \$800 for the competitive and mixed conference teams, if paid on or before Dec. 11th, 2009. After this date, the registration will increase to \$850.

The FINAL registration deadline is Wednesday, Jan. 13th, 2010. Completed registration forms and payment must be submitted to the SPAD Office, located in F-330A on the third floor of the Fraser Building, as soon as possible. As the tournament usually sells out, teams are advised to register BEFORE Friday, Dec. 11th.

The tournament is open to all current post-secondary students, with limited roster spots available for 4 non-student players 25 years of age and under. Students are encouraged to form teams representing the university's various programs of study, on-campus residences/federated colleges, off-campus students, and social clubs.

Registration forms, as well as official rules and regulations are attached and can also be obtained at the SPAD Office, and the SGA Office. For additional registration and tournament information, please contact the tournament coordinators via e-mail at spadhockey2010@gmail.com.

Grey Cup Party 2009

SGA and SPAD are teaming up for the 2009 Grey Cup Party.

The Grey Cup Party will take place on Nov. 29 at the Canisius Hall in the University of Sudbury. That's right a new venue for this year's party is in order and it is sure to produce the best party yet! Put down your homework for the night and relax. Come with friends and enjoy the game on the big screen in an atmosphere that only LU can produce. It is an all age's event but it is also licensed under the LCBO for those 19+.

Great Prizes including: Molson bar fridge, Jason Witten Signed Cowboys Jersey, Team Canada Olympic jersey, Doug Gilmore signed Maple Leafs hat, Signed Montreal Alouettes and Saskatchewan Roughriders footballs and shirts, flat screen T.V., various other signed CFL merchandise and much much more!!!!

Be sure to get there early to purchase your raffle tickets for the great prizes that will be drawn throughout the game. Food and additional beverages will also be made available.

Doors will open at 5:30 p.m. and kickoff is at 6 p.m. Make sure you get your tickets (\$7 in advance or \$10 at the door) from the SPAD office on the 3rd floor of the Fraser building, from the SGA office in the student centre, or during lunch (11am-2pm) outside the Great Hall! Come make history with us at the 97th annual Grey Cup and take home a piece of history with our amazing selection of prizes.

Girls' Cross-Country take 17th in Kingston



"We had some health issues that just kicked the heck out of us today,"
- Dick Moss
Girls' Cross-Country Coach

The Laurentian women's cross-country team had a tough outing at the CIS championships this weekend, placing 17th on Kingston's Fort Henry hill with a total team score of 467.

The Lady Vees were led by Emma Tallman of Mindemoya, Ontario, who ran a time of 19:05 over the rolling five-kilometre course to place 66th. She was followed by Gracie Tetzlaff of Trenton, Ontario in 73rd with a 19:11; Maggie Robins of Port Perry, Ontario, 103rd in 19:51; Heather Stroeder of Hanover, Ontario, 110th in 20:04; and Stephanie Flieler of Trenton, 115th in 20:13. Lindsay

Anderson of Ottawa, 120th in 20:27 and Mathilde Demory of Sudbury, Ontario finished 125th in 21:04, both acted as displacers.

"We had some health issues that just kicked the heck out of us today," said head coach, Dick Moss. "That said, Emma Tallman and Gracie Tetzlaff had excellent races, both running personal bests for the course. We have a core group of young runners who can definitely compete at this level and the experience we gained has been invaluable."

The race was won by Guelph, followed by the University of Toronto and McMaster.

The Lady Vees now take a week of recovery before beginning their training for the indoor track season. Their first indoor race will be in mid-January.

Video of the complete CIS cross-country championship race can be seen on the following internet site:
http://www.queenstelevision.org/index.php?option=com_content&view=article&id=69:cis-cross-country-championships&catid=13

Laurentian Individual Scores
66, Emma Tallman, 19:05
73, Gracie Tetzlaff, 19:11
103, Maggie Robins, 19:51
110, Heather Stroeder, 20:04
115, Stephanie Flieler, 20:13
120, Lindsay Anderson, 20:27
125, Mathilde Demory, 21:04

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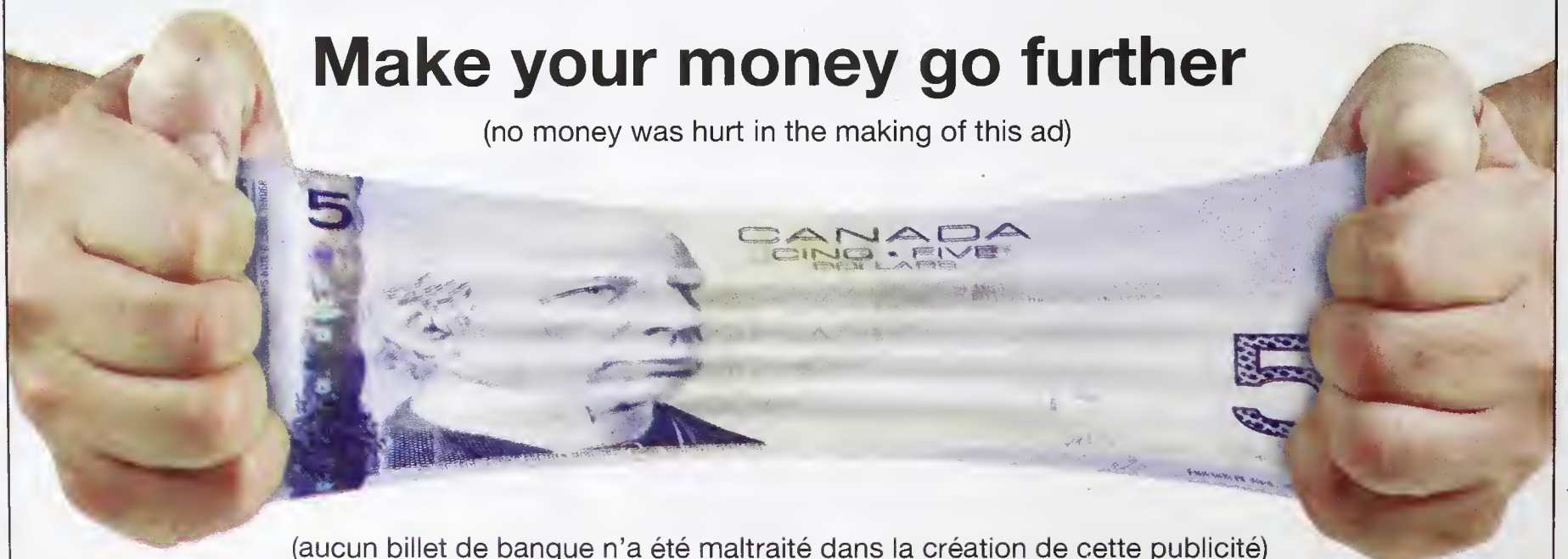
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